

MONDAY



**PILATES
WITH JULIA**
12:15-1:00PM



**TABATA
BOOTCAMP
WITH CRISS**
1:00-1:30PM

TUESDAY



**CYCLE & HIIT
WITH CRISS**
12:15-12:45PM



**SCULPT YOGA
WITH
CRISS**
1:00-1:30PM

WEDNESDAY



**BARRE
WITH LESLEY**
12:15-1:00PM



**CIRCUIT
WITH
NIEVE**
1:00-1:30PM

THURSDAY



**LIFT
WITH NIEVE**
12:15-12:45PM



**CORE &
MOBILITY
WITH NIEVE**
1:00-1:30PM

FRIDAY



**SCULPT YOGA
WITH CRISS**
12:15-1:00PM

Reserve your
spot via
MindBody.

